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OVERBECK'S REJUVENATOR

SUPREME MODEL

DIRECTIONS FOR USE . .



Manufactured and distributed by :—

OVERBECK'S REJUVENATOR Ltd.
CHANCERY HOUSE,
GRIMSBY.

Telegrams :—Overbeck, Grimsby.

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Directions for using the Supreme Model Rejuvenator.

Examining Instrument on arrival.—On arrival of the instrument, unpack carefully, and examine the top of the battery. The back of the Rejuvenator case slides out for the purpose of removing the battery, and an illustration of this process will be found on page 9. The small brass screws in the terminals should be screwed down finger tight on to the wires they hold, and which are inserted into the holes in the terminal stems. If these screws are loose, no current will pass. They frequently shake loose in the journey from the works to you.

The Supreme Model Rejuvenator has three different strengths—high power, medium power and low power. The different strengths are obtained by plugging the connecting cords into one pair of sockets in the front of the instrument, after it is opened out, according to the labels fixed to the sockets. The illustration on page 4 shows the cords plugged into the high power strength. All three strengths are clearly marked on the ivory labels, and are used according to the instructions detailed under the various complaints later on in this book.

Connecting-up Instrument ready for use.—The red connecting cords are used to connect the various pairs of instruments to the battery. Each cord has a metal plug at each end, and one plug of *each* cord should be gently inserted into the sockets, according to which power may be required. If the plugs fit a little loosely, the metal part of the plug should be slightly expanded by inserting the blade of a penknife between the prongs.

To disconnect the instrument, grasp the plug and pull out, but never pull them out by the cords, as you are liable, by so doing, to fracture the wire. Do not remove them from the sockets by an “unscrewing” motion; simply a straight pull. Always disconnect the instruments and cords after use and replace in their case. *Never connect* the two ends of one cord to the two sockets.

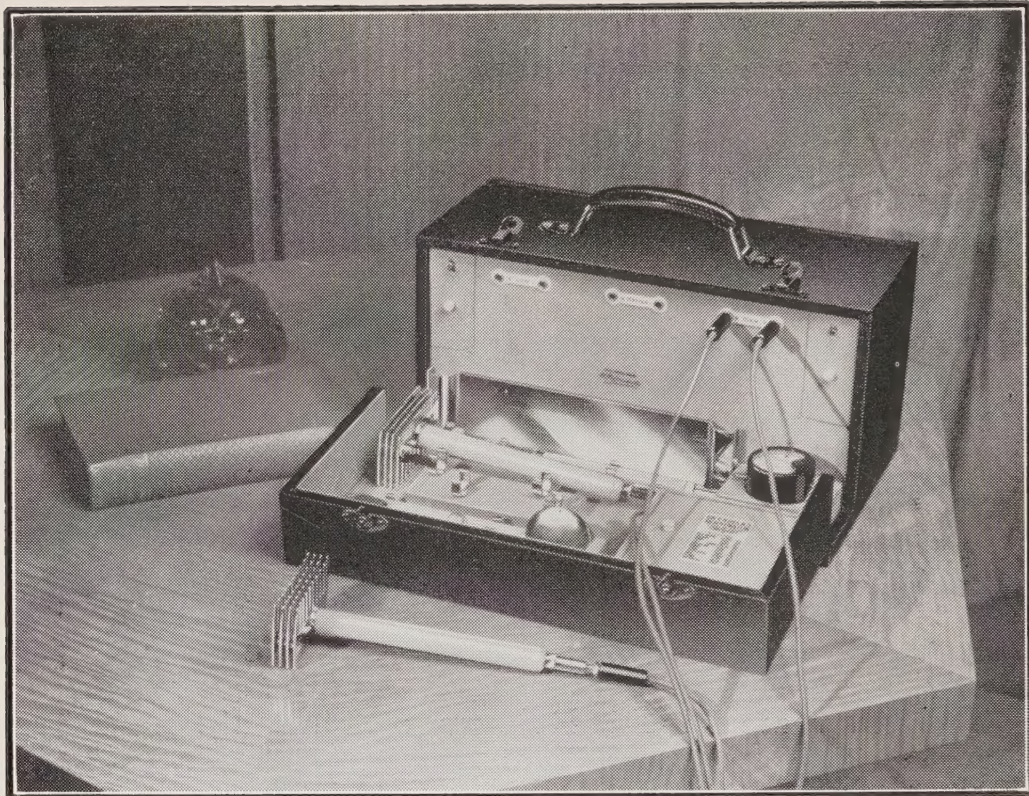
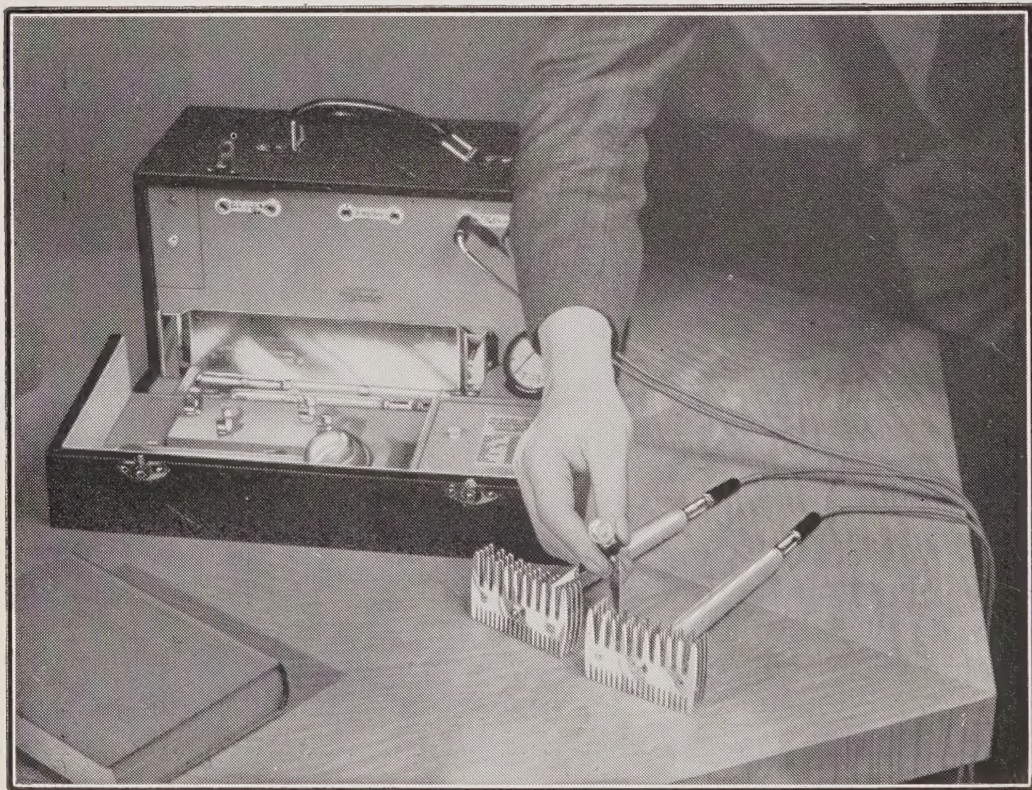


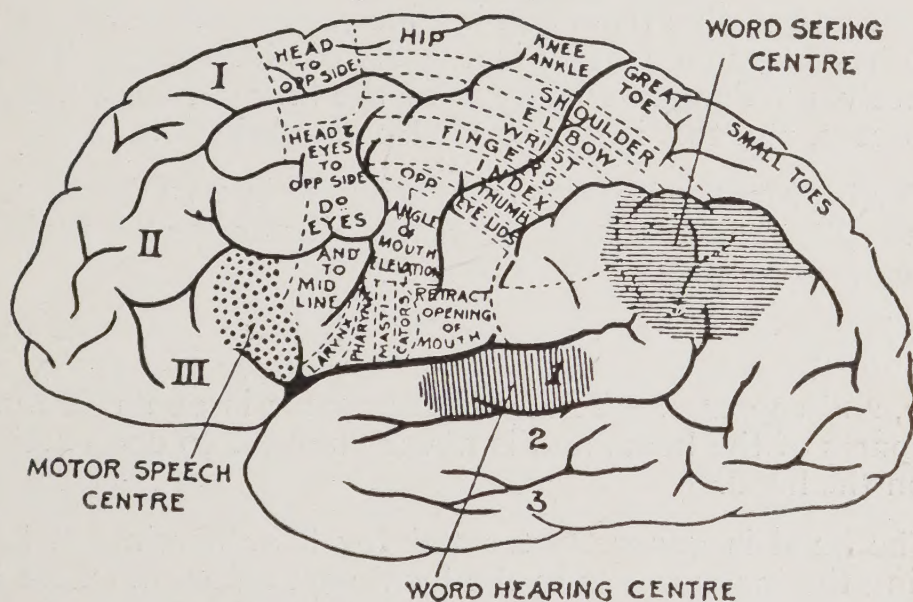
Illustration of connecting cords plugged into the High Power strength.



Using the bulb battery tester to the Comb electrodes, which must be connected to the battery by means of the cords.

Special Notice.—When connected to the battery, it is advantageous not to touch the electrodes together, but if by accident the electrodes are left touching for two or three hours, the battery should be given a day's rest, when it will have recovered its normal strength. It is important to note that this particular feature is found in no other battery. All batteries are fully tested before being sent out from the works, and are up to full strength, therefore no responsibility for negligence in use can afterwards be entertained.

The brain areas illustrated below govern the bodily parts named.



(From the *Encyclopedia Medica*—1st Edition).

The forehead is to the left of the above illustration.

Methods of application.—One electrode is positive and the other is negative, and no current will pass from the use of one electrode only. They *must* both be in contact with the body at the same time.

Always remember that the electrodes are never held stationary over the part being treated. They should be kept constantly and slowly on the move over the affected part, the direction of movement being immaterial.

Whatever the ailment may be for which treatment is required, the first application is always to the head, and then apply locally to the part affected. The head should be kept free from grease by the usual periodical washing, and if a hair dressing is necessary to keep the hair orderly, we recommend a good quality of either Bay Rhum or Toilet Paraffin.

Comb the head with both combs simultaneously, from front to back or from middle to sides, whichever is more convenient (*see illustration, page 13*). The direction of movement, not only with the combs to the head, but the other instruments to all parts of the body, is entirely immaterial, and may be made to suit the patient's convenience. The combs should be prevented as much as possible from coming into occasional contact with each other for such contact is a waste of electricity. There is absolutely no danger whatever of the hair catching fire from the process, and this is guaranteed unconditionally.

The best method of ensuring the hair is free from grease is to use Overbeck's special de-alkalised soap for the periodical washing (*see catalogue*).

It is not necessary to comb long hair to the ends of the hairs, but the combs need only be used over the scalp, withdrawn, and repeated. The head treatment is general, that is, to all parts of the head, and is never confined to one particular spot on the head.

The head is generally treated for 3 or 5 minutes before applying the instruments to the local part affected. One head treatment may be followed by local application to several different parts of the body. It is *not* necessary to treat the head separately before each separate part of the body is treated.

When half the period of the head application has passed, the combs should be changed over from one hand to the other and the process continued exactly as before. This allows each part of the head to absorb both positive and negative electricity.

The local part affected with pain or illness is next treated, as indicated on pages 11—18. No great pressure is needed on the instruments, just a gentle rubbing movement, backwards and forwards. The pair of instruments may be anything from 2 inches to 12 inches apart, according to the part to be treated, and the nature of the complaint.

All TIME DIRECTIONS are intended as a general guide, and not as hard and fast rules. Times may be exceeded or reduced according to the time available or discretion of the patient.

Using Battery Tester.—When unpacking the Tester, it may be found that the bulb and holder are disconnected. Screw the bulb firmly into the holder, in which position it can safely remain. The two contacts are very adjustable and have a scissors-like movement.

To examine the battery, the “ blades ” of the Tester should be opened and the points placed on the battery terminals, which should cause the lamp to glow. When testing the battery for a fault, open the lid of the battery case and test inside at the battery terminals. If the lamp lights up at both the high and low power terminals, then the battery is in order. Then, as illustrated, test at the sockets on the front panel.

If the lamp does not light, it proves that there is a fault in the connections between the battery terminals and the sockets, and this trouble is easily adjusted by seeing that the short wires between terminals and sockets are making good connection.

If, however, everything here is in good order, connect the combs to the battery in the usual manner, placing the combs about 2 inches apart ; a further trial can then be made with the Tester by placing a point on each comb (*see illustration, page 4*).

If in this instance there is no light, it proves that there is a fault in the cords, probably a fracture at one of the plugs, which will be revealed on examination.

Faulty cords are repaired free of charge when accompanied by return postage.

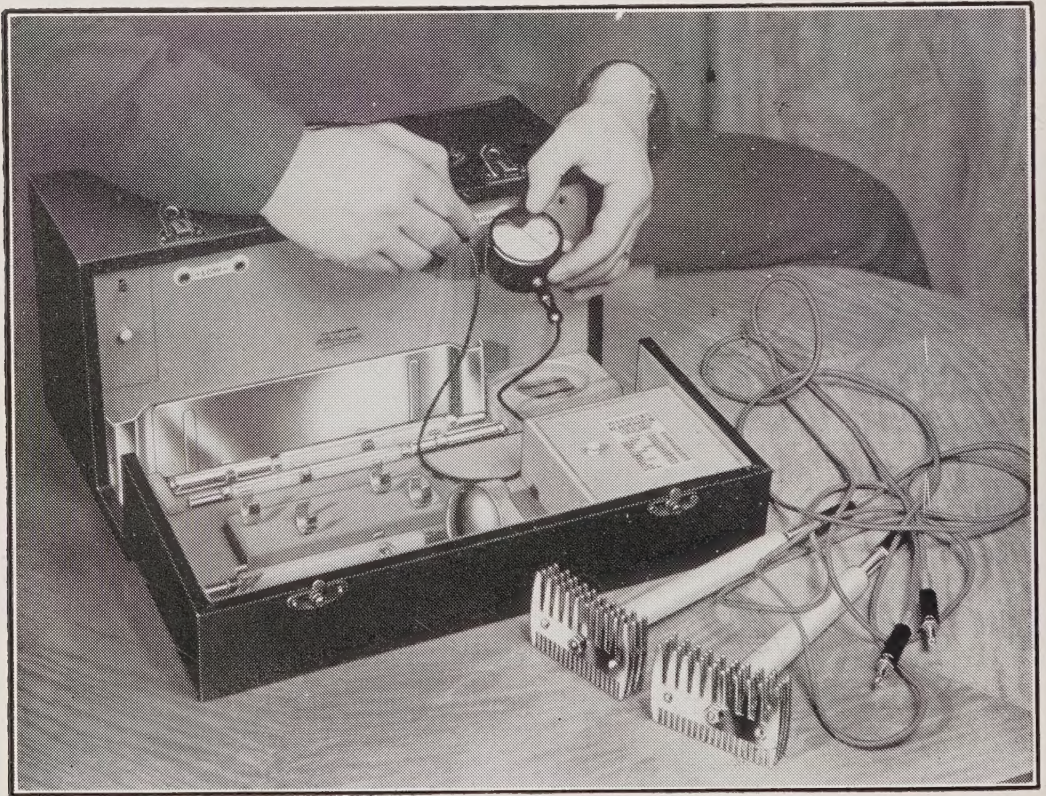
A simple test to ascertain that the battery is working properly is to place the cylinder pieces (when connected to the battery) on the lips, when, after a few moments, a very slight tingling is noticed. A better method is to use the bulb battery tester, which is specially provided with every instrument for the purpose of testing the battery.

When using one footplate electrode along with one other electrode, always connect the single footplate to the negative socket. No changing over is necessary.

The battery of this Rejuvenator is useless for medical purposes when the voltage at the high power end has fallen to 11 volts. As soon as the battery drops to 11 volts obtain a new one, or satisfactory results may not be expected.

When it is desired to test the voltage of the battery by means of the specially Calibrated Overbeck Voltmeter, the following method should be employed.

On the bottom of the voltmeter will be found a projecting pin, and attached to the top of the voltmeter by means of a connecting cord will be found another pin. One of these pins should be placed on one of the battery sockets on the front panel and the other pin placed on the other socket, as illustrated below.



Voltmeter being used to test the voltage of the battery.

Both pins should be on the sockets at the same time and when this is done the pointer on the meter will swing over and register the voltage at which the battery is standing. If the pointer tends to swing the other way, or below the zero mark, then reverse the pins on the sockets, so that the one that originally had the voltmeter pin on it now has the connecting cord pin.

The pins are not intended to fit into the sockets and should always be held in place.

It is recommended that the battery is tested at least once per week by means of the voltmeter, as by this means a careful check can be kept on the voltage.

Inserting New Batteries in Case.—It is an extremely simple matter to insert new batteries in the containing case. First, withdraw the old battery by removing the sliding back, and opening the two small doors at each end of the front panel. The thumbs can then be inserted through the small doors, and the battery easily pushed out to the rear, as illustrated below.



Illustration of how to remove the battery from the case.

The terminals on the battery should then be unscrewed, and the wires withdrawn, thus completely liberating the old battery, which is of no further use.

The terminals on the new battery will be found to be numbered 1, 2, 3 and 4. There are also four connecting wires, one for each terminal, and these wires contain 1, 2, 3 and 4 knots respectively. Take the wire with one knot and attach it to terminal number 1. The wire with two knots to number 2. The wire with three knots to number 3, and the wire with four knots to number 4 terminal. Screw the terminals down finger tight, and re-insert the new battery into the case. The whole operation does not take more than two or three minutes.

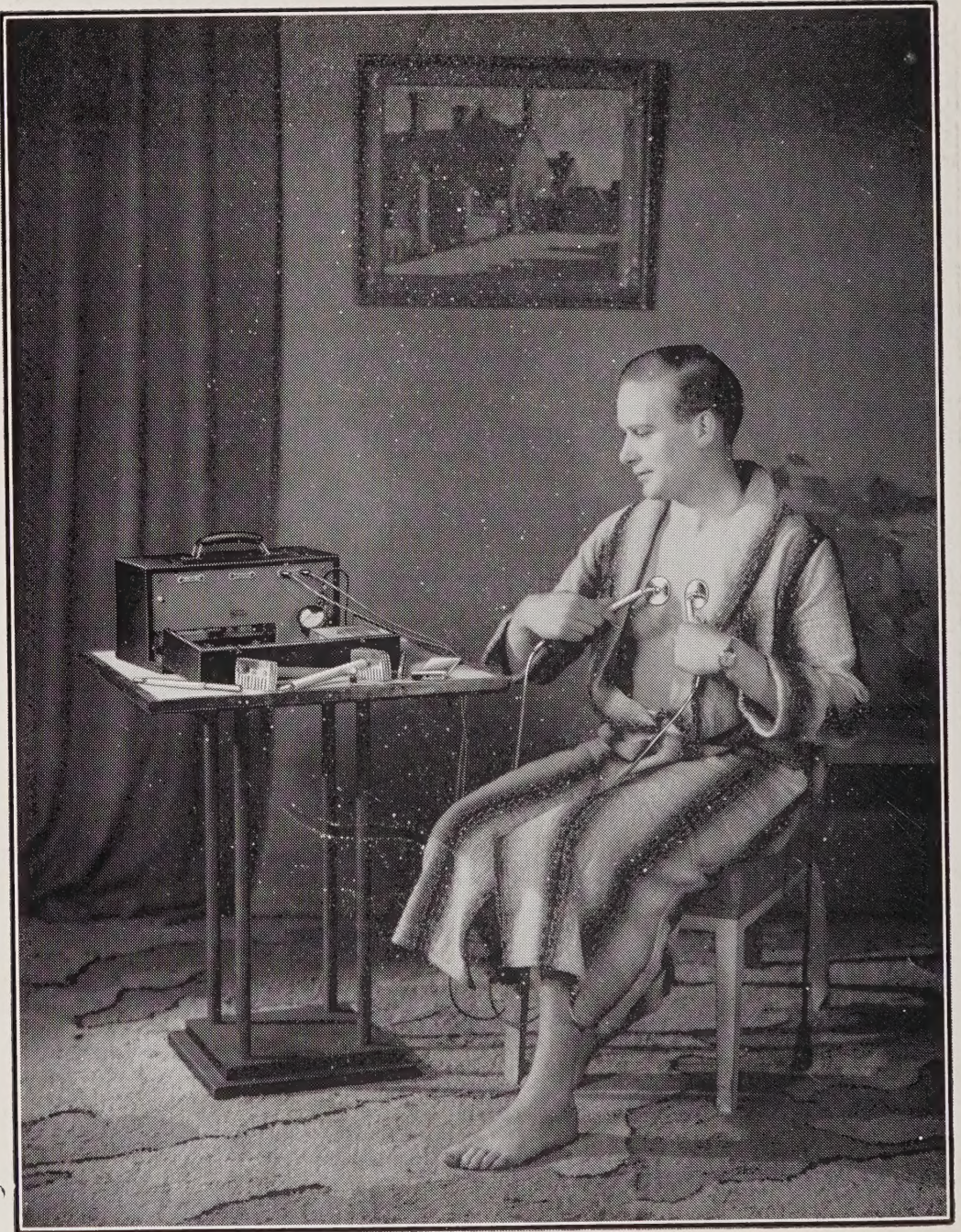
Cleansing the combs.—A film of natural grease gradually accumulates on the combs, and about once a month they should be completely taken to pieces by unfastening the retaining nut on the spindle end, in the middle of the bank of combs. They can then all be taken to pieces, and both combs and distance pieces should be thoroughly washed in carbolic soap and water, well dried and replaced, or if not too greasy, they can be well rinsed in the soapy water without being taken to pieces, this will increase the effectiveness of the apparatus.

Sterilising Instruments.—If ever it be necessary to sterilise the instruments, the best solution to use is methylated spirit, in which a little carbolic acid has been added. Any chemist will put this up for you for a few pence, if you mention the purpose for which it is required.





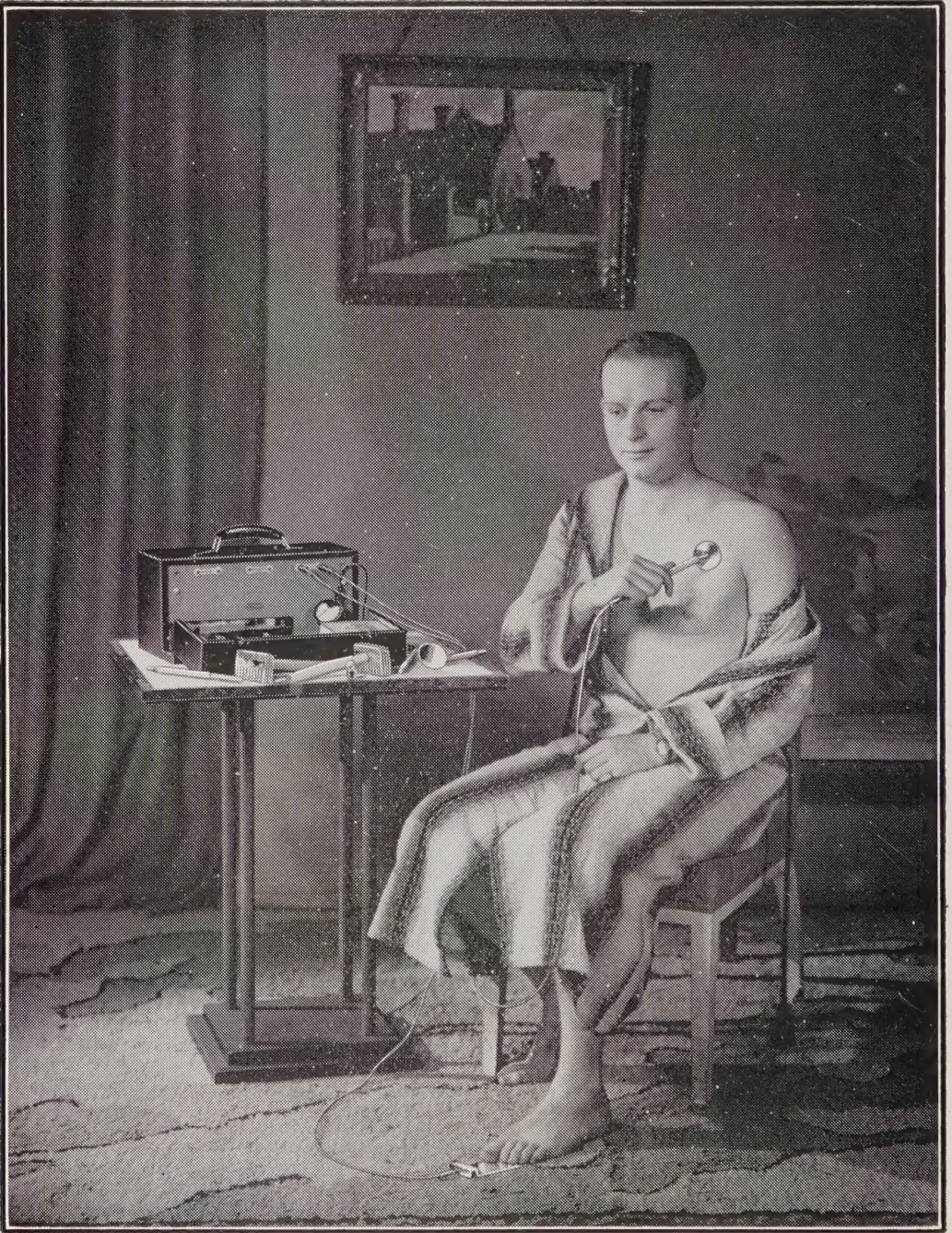
TWO FOOTPLATE ELECTRODES BEING USED FOR GENERAL
ELECTRISATION



THE TWO DISC ELECTRODES BEING APPLIED OVER THE
HEART AND CHEST.



ILLUSTRATING THE APPLICATION OF TWO COMB ELECTRODES
TO THE HEAD.



ONE FOOTPLATE ELECTRODE IN USE, TOGETHER WITH ONE DISC ELECTRODE FOR TREATMENT TO SHOULDER OR ARM.



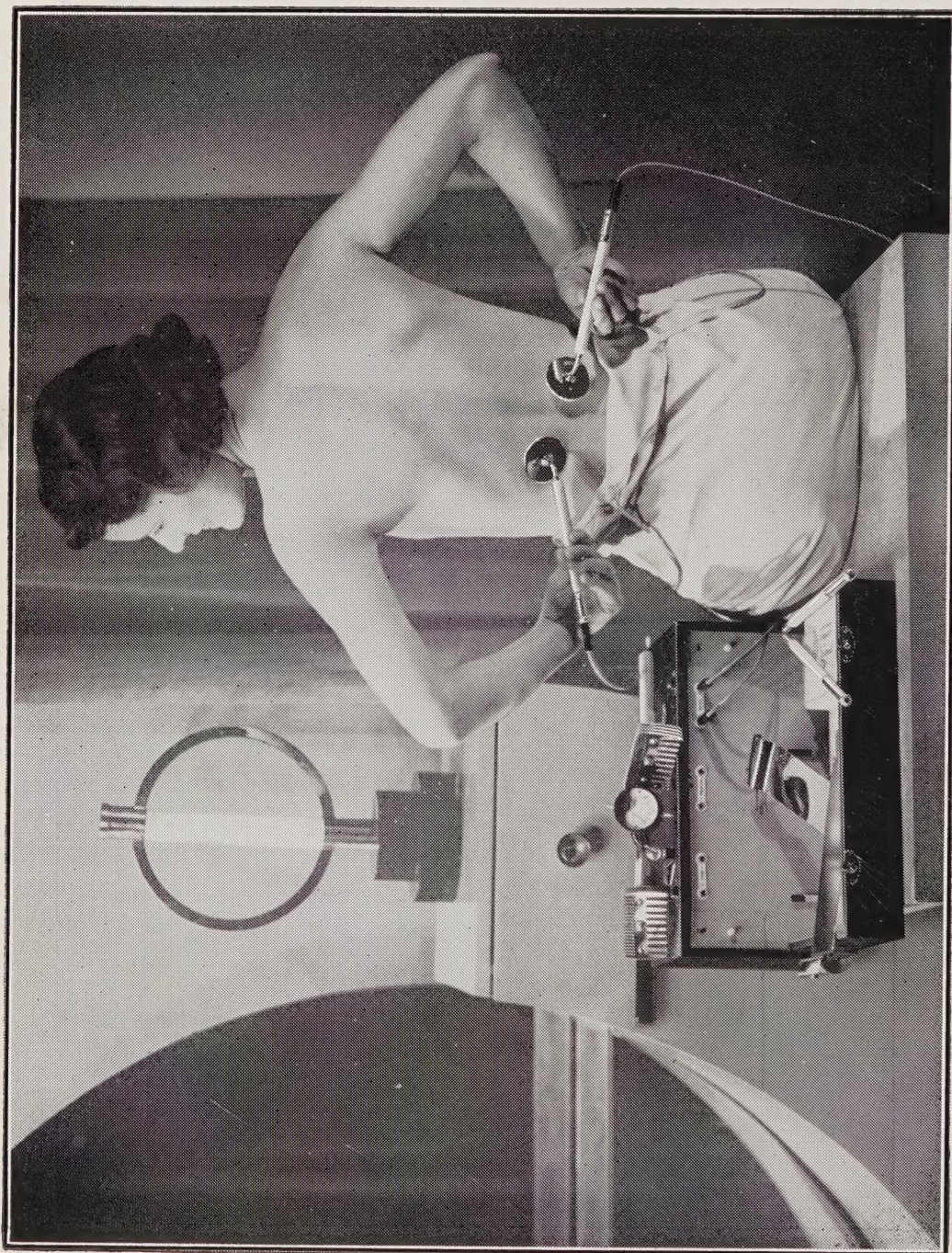
ONE DISC ELECTRODE IN USE FOR TREATMENT TO THE KNEE OR LEG,
AND ALSO ONE FOOTPLATE ELECTRODE.



TWO CYLINDER ELECTRODES BEING USED FOR TREATMENT TO THE
THYROID GLAND AND THROAT.



TWO DISC ELECTRODES BEING APPLIED TO THE KNEE.



TWO DISC ELECTRODES APPLIED TO THE BACK, FOR TREATMENT TO THE SPINE,
OR THE LUMBAR REGIONS.

Detailed Instructions for Various Ailments.

The first part of the treatment consists of three or four minutes application to the head, using the multiple combs, and the high power side of the battery unless specially instructed otherwise. Follow this with:—

GENERAL ELECTRISATION, which is a simple method of general treatment to the whole of the body, by using the two footplate electrodes, medium strength, and sitting with the two bare feet placed on the two electrodes (stationary) for three or four minutes; then, letting one foot remain on the negative electrode, attach a disc electrode to the positive connecting cord, and apply to the top of the head, the forehead, cheeks, neck and down to the solar plexus, for a further two or three minutes. This is a form of treatment which can be used with great advantage as an addition to the detailed treatment which follows.

One head treatment may be followed by local application to several different parts of the body.

Two treatments per day are essential to success, i.e., on rising convenient in the morning and on retiring to bed at night. If it is to take a third treatment during the day, so much the better.

It is of the utmost importance that the advice and instructions regarding diet, given in the book entitled "**CONFIDENTIAL REPORT**," is strictly adhered to. You will then obtain the maximum of good health it is possible for you to have.

Instructions for local applications.

Anaemia. The initial head treatment should be followed by application of the two disc electrodes at the high power side of the battery. About four minutes should be devoted to the spine, after which four minutes should be given to the solar plexus. An alternative method of treatment is to use one footplate attached to the negative (—) socket, whilst one disc electrode only is applied over the spine and solar plexus and for the same time as already mentioned.

Asthma. The initial head treatment should be followed by application of the cylinder electrodes over the throat and trachea, and the two disc electrodes over the chest. Use the high power side of the battery, and a total time of from five to eight minutes should be divided over the various parts to be treated. An alternative method of treatment is one footplate electrode to the left foot attached to the negative (—) socket, whilst one disc electrode is applied over the parts to be treated.

Arterio Sclerosis. This complaint is the hardening of the arteries, and is one of the causes of blood pressure. The initial head treatment should be followed by application of the two disc electrodes at the high power side of the battery. Devote about three minutes to the spine, three minutes to the solar plexus, and about two minutes to the thyroid gland. Alternative treatment can be given with one footplate electrode and one disc electrode in a similar manner to the instructions in the first two paragraphs.

Blood Pressure. The treatment is exactly the same as in the previous paragraph under the heading "Arterio Sclerosis."

Bronchitis. This complaint is the inflammation of the bronchial tubes, and is dealt with in exactly the same manner as instructed under the heading "Asthma."

Billiousness. First treat the head as detailed at the beginning of these instructions, after which the disc electrodes should be attached to the high power side of the battery and applied over the stomach and abdomen for five minutes. Keep the electrodes constantly on the move and apply firmly. A patient suffering from billiousness should take no food until the attack has passed, and care must be taken to keep the bowels moving.

Bladder Weakness. The initial head treatment should be followed by the application of the two disc electrodes at the high power side of the battery. Apply over the lower part of the abdomen for five minutes. Alternative treatment with one footplate electrode and one disc electrode can be taken as directed in the first two paragraphs.

Chilblains. Head treatment should be followed by the application of the cylinder electrodes over the affected parts for three or four minutes. Use the high power side of the battery, but if any unpleasant tingling sensation is experienced, reduce to the medium strength. Direct application to broken chilblains is not advisable. Alternative treatment is to use one footplate electrode and one disc electrode as described in the first two paragraphs of this section.

Complexion. The texture of the skin can be improved by applying either the disc or cylinder electrodes over the face and neck for five minutes. Use the medium power of the battery.

Constipation. Apply the disc electrodes for five minutes over the whole of the stomach and abdomen, using the high power side of the battery. Use firm pressure to maintain good contact. Endeavour to ascertain and remove the cause of the constipation. Individual advice willingly given on this subject to any patient. Alternative treatment with one footplate electrode and one disc electrode can be given as detailed in the first two paragraphs.

Catarrh. The initial head treatment should be followed by the application of the cylinder electrodes over the nose and above the eyes. The medium power only should be used for this treatment. Notes on rational living for this complaint will be willingly forwarded to any patient who is interested.

Colitis. The initial head treatment should be followed by the application of the two disc electrodes at the high power side of the battery. Apply for five minutes over the whole of the abdomen. Alternative treatment is taken with one footplate electrode and one disc electrode to the abdomen.

Colds and Coughs. It is necessary for the patient to observe the usual common-sense precautions when suffering from these complaints, and at the same time, apply either the two cylinder electrodes or the two disc electrodes over the chest and throat for five minutes. Use the high power side of the battery. Applications over the nose can also be given with the cylinder electrodes at the medium strength.

Diabetes. The initial head treatment should be followed by the application of the two disc electrodes at the high power side of the battery. Give two minutes with one disc over the region of each of the kidneys. Next, treat the pancreas and adrenal glands, which are covered by applying to the lower centre of the body, for three minutes, and at each side of the abdomen for three minutes. Alternative treatment can again be given by means of one footplate and one disc electrode, as directed in the first two paragraphs.

Depression. Treatment is exactly the same as described under the heading "Neurasthenia."

Deafness. Initial head treatment may be omitted in this case if the patient so desires. The cylinder electrodes must be used only at the LOW POWER side of the battery. Apply the rounded ends of the electrodes, one in the opening of each ear. Do not use pressure, but just a gentle contact to allow the current to flow through the aural nerves. A total time of one minute is ample.

Eyesight. Also for eye troubles. In this case also, head treatment may be omitted if you so desire. The cylinder electrodes or the disc electrodes, whichever you find most convenient, must only be used at the LOW POWER side of the battery, and applied over the closed eyelids for about half a minute. See that the eyes are perfectly dry before the application.

Epilepsy. The initial head treatment should be followed by the application of the disc electrodes at the high power side of the battery. Give four minutes over the length of the spine, and about four minutes over the solar plexus. Alternative treatment may be given, using one footplate under the left foot, and the disc electrode to the spine or solar plexus, as mentioned above.

General Debility. The treatment in this case is exactly the same as described under the heading "Anaemia."

Goitre. The initial head application, followed by the application of the cylinder electrodes at the high power side of the battery, used over the thyroid gland for three minutes. If any slight prickling sensation is experienced, reduce to the medium power. Alternative treatment is to use one footplate electrode, and one cylinder to the thyroid gland. The same treatment applies in cases of Exophthalmic Goitre, with the addition of a two minute application over the closed eyes with the cylinder electrodes, taking care to use only the LOW POWER for the eyes.

Gout. Head treatment should be followed by the application of either the disc electrodes or the cylinder electrodes, whichever are most convenient to the patient, over the parts affected with the pain or swelling. Length of treatment approximately five minutes if only one part is affected. If more than one part is affected, divide a total of approximately ten minutes over the various parts. Footplate electrodes can be used as an alternative as directed under the heading General Electrification at the commencement of this section.

Head Noises. Treatment is given to the head only, using the multiple combs. For the first two weeks use the medium power, and afterwards the high power.

Hair. A five minutes treatment to the head using the multiple combs at the high power side of the battery.

Headache. Exactly the same as the previous paragraph.

Heart Trouble. The initial head treatment should be followed by the application of the disc electrodes over the region of the heart for five minutes, using the high power side of the battery. Alternative treatment is by means of one footplate electrode, and one disc electrode over the heart. Interested patients should write for further notes on rational living in such cases.

Incontinence of Urine. The initial head treatment is followed by the application of the two disc electrodes at the high power side of the battery, covering the lower parts of the abdomen, for five minutes. Alternative treatment is with one footplate electrode and one disc electrode.

Influenza. The patient must observe the usual common-sense precautions when suffering from this complaint. The initial head treatment should be followed by the application of the cylinder electrodes over the thyroid gland for two or three minutes at the high power, followed by the disc electrodes over the solar plexus for three minutes, also at the high power side of the battery. Alternative treatment may be given by means of one footplate electrode and one disc electrode.

Indigestion. Commence with the head treatment, followed by the application of the disc electrodes over the stomach and abdomen for five minutes, using the high power side of the battery. Alternative treatment can be taken by using one footplate electrode and one disc electrode.

Insomnia. The treatment is exactly the same as described under the heading "Headaches."

Kidney Trouble. First, the head treatment, followed by the use of the two disc electrodes, one over each kidney, using the high power side of the battery for five minutes. Alternative treatment is given by means of one footplate electrode to the negative (—) socket, and the disc electrode applied over each kidney in turn.

Liver Troubles. This treatment can be taken in exactly the same manner as under the heading "Indigestion."

Lumbago. The initial head treatment should be followed by the application of the disc electrodes for five minutes over the lumbar regions—where the pain is experienced—using the high power side of the battery. One footplate attached to the negative socket, and one disc electrode over the seat of the pain, can be used as an alternative if desired.

Muscular Rheumatism. Treatment is given in the same manner as described under the heading "Rheumatism."

Muscular Weakness. The same instructions as for "Rheumatism" apply.

Nervous Debility. The initial head treatment should be followed by the application of the disc electrodes for three minutes over the spine, and three minutes over the solar plexus, using the high power side of the battery. Alternative treatment is taken by means of one footplate electrode and one disc electrode as previously described.

Neuritis. Follow the initial head treatment by the application of either the cylinder or disc electrodes, whichever are most convenient, for from five to eight minutes over the painful parts, using the high power side of the battery. An alternative method is to use one footplate electrode and one disc electrode.

Neuralgia. This treatment is exactly the same as for "Neuritis."

Neurasthenia. Treatment is taken in exactly the same manner as described under the heading "Nervous Debility."

Obesity. The obese parts should be firmly massaged with the disc electrodes for six or eight minutes, using the high power side of the battery.

Paralysis. The head treatment should be taken first for three minutes, followed by the application of the disc electrodes for a period of up to ten minutes over the affected parts, using the high power side of the battery. General Electrification is also recommended, using two footplate electrodes.

Paralysis Agitans. This treatment is taken in exactly the same manner as described under the heading "Paralysis."

Paraplegia. Treatment is the same as under the heading "Paralysis" and in addition, it is advisable to give a treatment down the whole length of the spine for three minutes, using the disc electrodes at the high power side of the battery.

Prostate Gland Troubles. Commence with the head treatment as is usual. Then, the LOW POWER side of the battery only should be used and one cylinder electrode and one disc electrode connected to the cords. The cylinder piece is applied over the perineum, whilst at the same time the disc electrode is applied over the lower abdomen. Treat in this manner for two minutes, then reverse the polarity of the two electrodes by reversing the connecting cords at the battery sockets. Then repeat the treatment for a further two minutes. Alternative treatment is also given at the Low power strength, using one footplate electrode to the negative (—) socket, and the cylinder or disc electrode, whichever is most convenient, to the perineum and lower abdomen.

Psoriasis. Treat the head first as already instructed, and follow with the application of the disc electrodes over the parts affected for three minutes, using the LOW POWER side of the battery. The parts affected must be perfectly dry.

Rheumatism. The initial head treatment is followed by the application of either the cylinder or disc electrodes over the parts affected with the pain. Usually the discs are found to be most satisfactory. Treatment can be up to a total of ten minutes divided over the various parts. If the rheumatism is located in the hand, arm, or shoulder, it is necessary to use one footplate electrode attached to the negative (—) socket, whilst the disc electrode is applied over the arm, hand or shoulder. General Electrification by means of two footplate electrodes is also recommended.

Rheumatoid Arthritis. Treatment is exactly as described in the previous paragraph for "Rheumatism."

Stomach Troubles. Treatment is exactly the same as described for "Indigestion."

Sciatica. The initial head treatment is necessary, followed by the use of one footplate electrode at the negative (—) socket, on which should be placed the foot affected, using the high power side of the battery. Treat the leg over the seat of the pain for five minutes with the disc electrode.

Stammering. The initial head treatment should be followed by the use of either the cylinder or disc electrodes, whichever are most convenient to the patient, over the cheeks and under the angle of the jaw for three minutes, using the high power side of the battery. Alternative treatment may be taken by using one footplate electrode and one disc electrode.

Throat Troubles. Initial head treatment followed by the application of the cylinder electrodes for three minutes over the throat (front of neck) using the medium power side of the battery.

Voice. Treatment is the same as described under the heading "Asthma."

Wrinkles. Treatment is exactly the same as described under the heading "Complexion."

General Notes.

Always remember that half way through the time allotted for the application the electrodes should be changed over from one hand to the other.

For Children, the treatment is always given at the low power side of the battery and for half the times mentioned in the schedule.

Do not continue the process for such a length of time as to cause physical fatigue. It is much better to take three moderate treatments than two very long ones.

Use the instrument with perseverance and regularity, and your general health of mind as well as body will benefit wonderfully.

If further advice is required on any point, please write to Chantry House, enclosing stamped addressed envelope. No charge is made for such advice.

Special Note.—So many patients have written asking what is the "Solar Plexus," that it is apparently necessary to describe it in this booklet. The Solar Plexus is a large nerve centre situated in the front of the body immediately below the base of the ribs.

The voltage of the battery when new is approximately 13½ volts, but this may vary slightly with different batteries, and is not of any consequence.

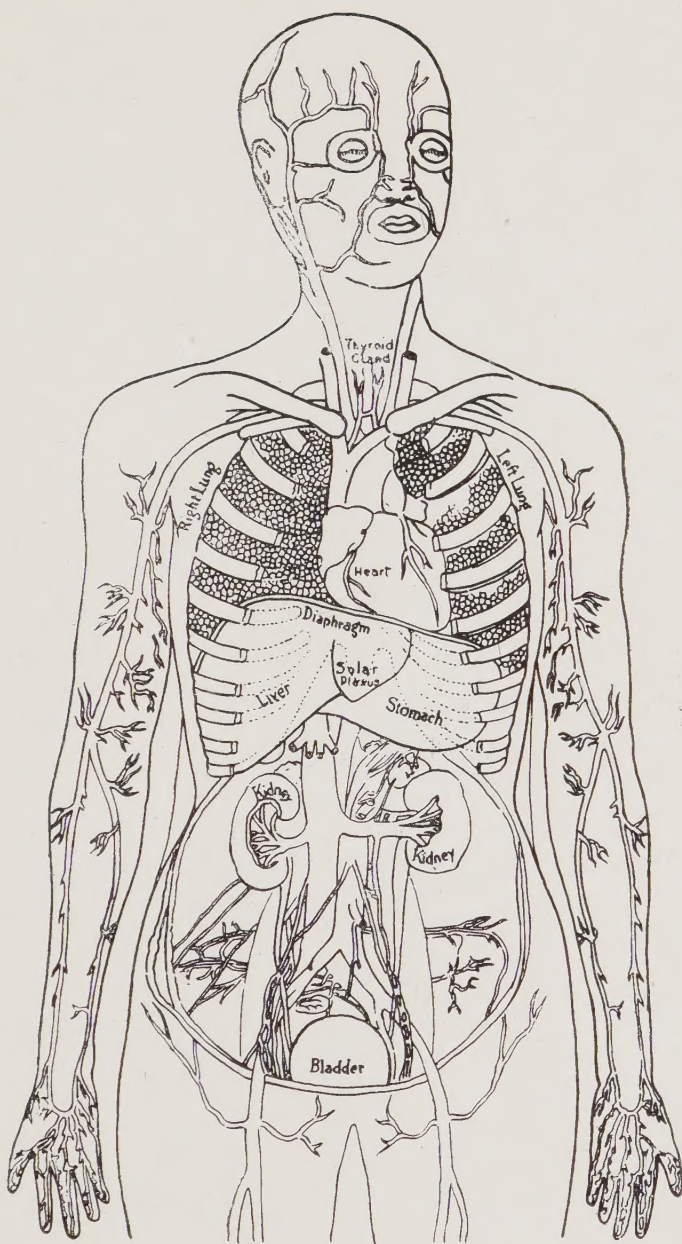


DIAGRAM SHOWING THE MAIN ORGANS
OF THE HUMAN BODY

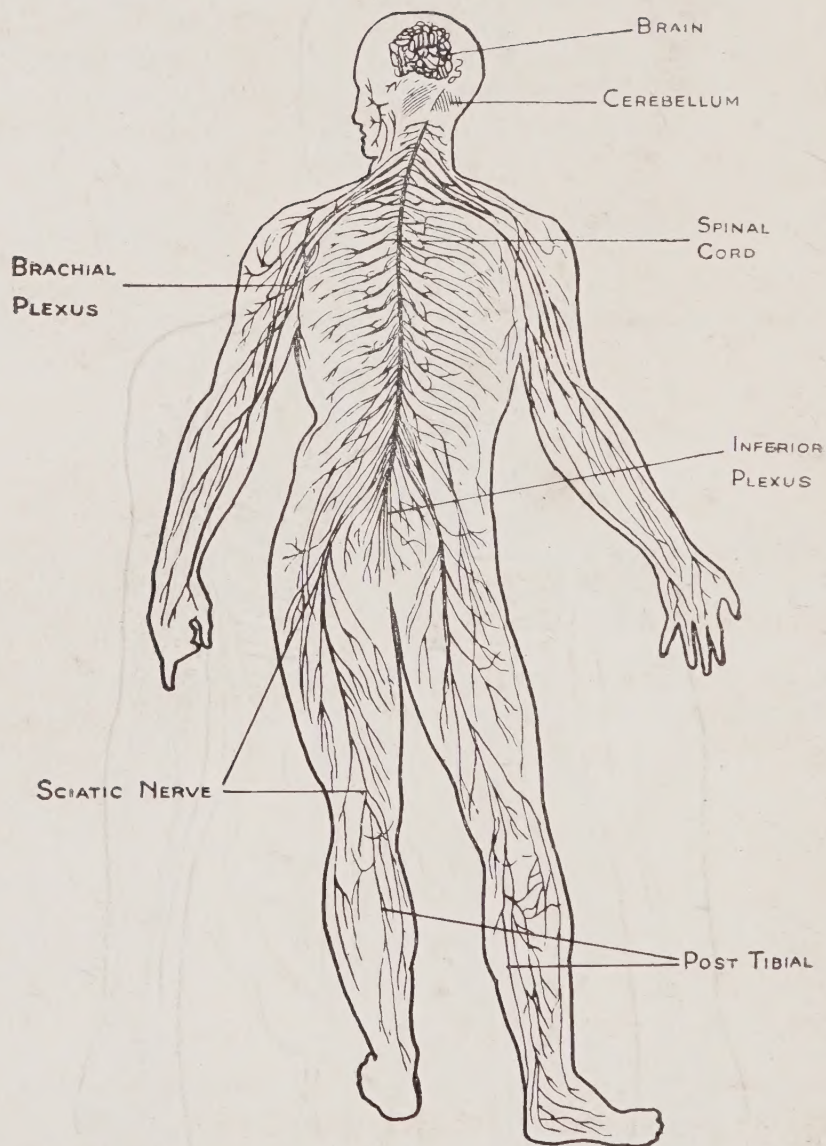


ILLUSTRATION OF THE MAIN NERVOUS
SYSTEM OF THE BODY

